



Sevier Park Regional Community Center

3021 Lealand Lane, Nashville, TN 37204 - 615-862-8466

Club Room Dance Studio Gymnasium (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Fall 2016 Program Schedule <u>Facility Coordinator</u> Vickie Craighead <u>Program Coordinator</u> Allison May <u>Recreation Leaders</u> Andy Bobadillia Ashley Chatman Marquez Foxx April Manuel Preston Manuel Jermell McIntosh Victoria Richardson Jim Walkden <u>Class Instructors</u> Denise Carr Katherine Correa Laurel Desmarais Shameka Freeman William Graham Carla Hart Andrea Howart Nick Majors Kathy Moore Briana Morrow Diane Overstreet Charturah Smith Nephie Snider Pate Young	6:00-7:00am Boot Camp(\$) w/ Briana 7:00-9:00am Adult Open Gym (Basketball) 9:00-noon Badminton 10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine 12:30-1:30pm Vinyasa Yoga(\$) w/ Nick 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered) 5:30-6:30pm Boot Camp(\$) w/ Pate 6:30-8:00pm Chicago Style Steppin w/ Carla 6:30-8:00pm Ladies Night Basketball Family Open ½ Gym	7:00-9:00am Adult Open Gym (Basketball) 10:00-11:00am Senior Strength(\$) w/ Diane 10:15-11:15am Power Vinyasa Yoga (\$) w/ Will 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered) 5:30-6:25pm Gentle Yoga (\$) W / Nephie 6:30-7:15pm Pound(\$) w/ Kathy 6:30-7:30pm Power Vinyasa Yoga(\$) w/ Will 6:00-8:00pm Pickleball	6:00-7:00am Boot Camp(\$) w/ Charturah 7:00-9:00am Adult Open Gym (Basketball) 10:00-12:00 Fun With Friends w/ Victoria 10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine 12:30-1:30pm Vinyasa Yoga(\$) w/ Nick 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered) 5:30-6:30pm Boot Camp(\$) w/ Pate 6:00-7:00pm African Dance (Basics) (ages 15 - adult) w/ Windship 7:00-8:15pm African Dance (Open Level) (ages 15 - adult) w/ Winship 6:30-8:00pm Adult Open ½ Gym 7:00-8:00pm Dance Fit(\$) w/ Andrea	7:00-9:00am Adult Open Gym (Basketball) 10:00-11:00am Senior Strength(\$) w/ Shameka 10:00-11:00am Vinyasa Yoga(\$) w/ Nephie 10:30-11:30am Tot Time (ages 1 to 3) w/ Ashley 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered) 4:30-5:15pm (\$112.00) Pre-Ballet (6-7 yrs) Aug 18 – Nov 17 5:15pm-6:15pm (\$112.00) Beg. Ballet (9-11 yrs) Aug 18 – Nov 17 6:00-8:00pm Badminton (Adult) 6:30-7:30pm Power Vinyasa Yoga(\$) w/ Will	6:00-7:00am Boot Camp(\$) w/ Charturah 7:00-9:00am Adult Open Gym (Basketball) 10:00-10:45am Baby Bop (0-12 months) w/ Ashley 1:00-2:00 Gentle Yoga(\$) w/ Nephie 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered) 5:30-6:45pm Friday Night Dance Party (\$\$) w/ Laurel 6:00-7:15pm Family Open Gym ***Days Metro Schools are out for breaks the After School Program will run 10:00-4:00. Programs in the gym will be cancelled	8:00-10:15am Open ½ Gym (Basketball) 8:00-11:45am Family Open GYM ½ GYM 10:00-11:00am Senior Strength(\$) w/ Charturah 10:15-11:00 (3-4 ½) (\$104) Creative Movement Aug 20 – Nov 19 10:30-11:30am Zumba(\$) w/ Shameka 11:00-11:45 (4 ½-5) (\$104) Creative Movement Aug 20 – Nov 19  Sevier Park Community Center 

African Dance

After School Program – A free program for children ages 6 to 14 years old. Mon-Fri. 3:00-6:00pm. Registered children participate in sports, arts, games, etc... Lead by Sevier Park staff.

Beginner Ballet

Baby Bop- Free 45 minute class for babies 0-12 months old w/ their Caregivers. Singing, rhyming, and moving. The focus is on nurturing a loving relationship w/ Baby, meeting friends in the community, and having fun.

Ballet - Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary for Pre-Ballet. Placement in Ballet: Beginning II by Metro Dance teacher recommendation. New students must contact the Dance Supervisor for appropriate placement. ***Students must be the specified age on Aug 15. Instructor: Michal Christian***

Boot Camp - Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little bit further than they would normally push themselves in the gym.

"Chicago Style Steppin" - a cultural dance art form with a unique appeal to encourage fun, enhance physical activity and build lasting friendships.

Creative Movement - introduces young children to the joy of dance with a blend of movement, music, rhythm, and creative imagery to help them develop a musical ear, locomotor skills and physical coordination in a developmentally appropriate way, all while having fun! ***Students must be the specified age on Aug 15. No exceptions. Instructor: Michal Christian***

Dance Fit - is a medium-to-high intensity, danced-based cardio fitness class that's FUN. With easy-to-follow choreography & a pop music playlist (Beyoncé, Katy Perry, Usher), you'll experience a challenging workout in a positive & encouraging environment.

Dance Party - Move and groove to a funky playlist geared to inspire playfulness, creativity, and an overall good time. Sprinkles of yoga and Pilates mingle with modern and contemporary dance geared for everyone. Class starts with a mellow warm-up and adds more athletic intensity as it progresses. Fridays 5:30-6:45pm Drop-in: \$10 Instructor: Laurel Desmarais, Maeva Movement

Family Open Gym - Time for children and their adults to come together and play in the gym.

Fun With Friends - designed to cater to people with special needs, promoting positive peer interaction and fun, including physical activities such as badminton, kickball, and pickleball, as well as leisure activities such as card games, knitting, and arts and crafts.

Gentle Yoga - designed to center, nourish, and restore the body, mind, and breath. The sweet slow flow is designed to relieve soreness and stress, improve posture, and lengthen commonly tight muscles in order to rediscover balance. Gentle movement is followed by a luxurious, extended savasana with healing essential oils. Leave feeling awakened and refreshed.

Hatha Yoga – concentrates on physical health and mental health well-being. Uses bodily poses, breathing techniques and meditation to bring about a sound, healthy body and a clear, peaceful mind.

Pickleball - is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

Pre-Ballet-Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary.

Pound - Channel your inner performer & rock your body with this modern-day fusion of movement and music. Using Ripstix-weighted drumsticks engineered for exercise- POUND transforms drumming into an effective full-body workout.

Power Vinyasa Yoga - a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session.

Senior Strength - An exercise program designed exclusively for older adults to increase strength, endurance and body conditioning.

TOT Time- Join us for a fun, active, story-telling, sing-a-long, wiggles and giggles time. This is an adult & tot interactive group for 1-3 year olds & caregivers. 30 minutes-group directed activity/30 minutes-gym free play.

Vinyasa Yoga - In this active and lighthearted class, you will transition from pose to pose in a fluid way that moves with the breath. Be prepared to be challenged and to have fun! All levels are welcome!

West African Dance - Windship accompanied by 2 drummers. A traditional approach to West African Dance with a warm-up and work on specific rhythms such as Tiriba, Sunun, Guinea Faré... Accent will be on the PLEASURE of learning these wonderful dances while appreciating their beauty and intricacy. **African dance is the original artistic cardio workout !!!**

Zumba - A fitness program that combines easy-to-follow dance moves to Latin music along with other genres of music. Zumba routines incorporate interval training, alternating fast rhythms and resistance training. Burn up to 800 calories in a one hour workout that will have you sweating and loving it!

The Mission of the Metropolitan Board of Parks and Recreation - To provide every citizen of Nashville and Davison County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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This schedule is tentative. For more information, contact Vickie Craighead at or 615-862-8466 vickie.craighead@nashville.gov.